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CALGARY ®

Tuesday, March 8, 2011 www.metronews.ca



News worth sharing.



DAVE CHIDLEY/THE CANADIAN PRES

Martin's long streak ends

In celebration of women

How far we've come over the past 100 years {pages 17, 21}

Branch out this summer

All kinds of arts courses on offer at Calgary schools {page 32}

Sherman skips out on proof

Stelmach accused Sherman of recklessly abusing his parliamentary privilege ◆ Health Minister Zwozdesky has said he hasn't seen proof of the claims

Facing demands to back up his sensational accusations of conspiracy, fraud, coercion and bribery in the province's health system, Raj Sherman tabled his long-promised supporting documents yesterday—but the paperwork had nothing to do with what he alleged.

The documents presented by Sherman were a collection of letters, emails, speeches and brochures focused on emergency room overcrowding — an issue acknowledged and debated in the house last year.

Nevertheless, Sherman, who sits as an Independent and is also an emergency room doctor, told reporters that the truth is still out there.

"I have very credible and very reliable sources that are willing to talk," he said. "They just need to talk in an open,

"They just need to talk in an open, public investigation where they are ensured that they will not be punished, admonished by government or their medical licence will not be put at risk.

"This is just the tip of the iceberg." Sherman created a storm of controver-

Sherman's role

Evidence When asked by reporters yesterday why he didn't provide the evidence, Sherman said that's not his job — that it's his role to raise questions and the government's role to answer them. "That's not proof for me to offer," he said.

sy last week when he told the legislature that at least six years ago senior Edmonton health officials were involved in a massive coverup.

He said 250 patients on a 1,200-patient waiting list for lung surgery died awaiting treatment. Sherman said officials, including two whom he identified by name, were aware of what happened.

He said doctors were paid millions of dollars in bribes to keep the deaths quiet. Others were bullied or punished into silence. THE CANADIAN PRESS



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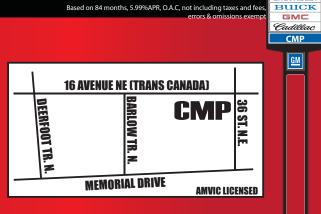
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SATURDAY 9AM-6PM

AMVIC LICENSED

Well fire injures 11 workers

Eleven workers were injured in a flash fire, one critically, at a Husky Energy natural gas well in Robb, Alta., yesterday morning.

STARS transported a 24-year-old male to the University of Alberta Hospital in critical condition around noon yesterday from the hamlet about 43 kilometres from Edson.

One other worker was taken by fixed-wing air ambulance and was listed as stable, while more patients were transported by ground to Edmonton hospitals, said Cameron Heke of STARS.

"There were multiple patients with serious injuries consistent with burns," Heke said.

SHELLEY WILLIAMSON/WITH FILES FROM THE CANADIAN PRESS

Police warn of high-risk offender

Calgary police are advising the public about a highrisk offender being released in the area.

Derek Ross Calf-Child is free after serving 56 months in prison for sexual assault causing bodily harm.

Beyond this, Calf-Child has a history of convictions dating back to 1983 for sexually assaulting female children and adults, aggravated assault, and possession of a weapon.

The Calgary Police Service High Risk Offender Program will monitor Calf-Child for two years and asks the public not to pursue vigilante action.

Calf-Child is described as an aboriginal male, weighing approximately 170 pounds with brown eyes and greying black hair.

METRO



Baby step taken on suite approval

◆ Administration will report back in December after further studying secondary suite impact and new enforcement options ◆ Council voted 8-5 in favour of community-by-community consultation



Calgarians won't see any drastic changes to secondary suite approvals in the city until late this year at the earliest.

Council decided unanimously last night to request a bylaw change that would see the approval process made simpler in zones that currently permit suites — around 116,000 properties. How-

ever, approval near universities and transit hubs was denied in a 7-6 vote.

After last night's decision, Leor Rotchild is still waiting on concrete decisions from council.

Rotchild purchased his Crescent Heights home three months ago and hopes to bring the pre-existing illegal suite in his home up to code for rental.

"If this vote doesn't go anywhere, it's kind of like, 'OK, what do I do now?" he said before council's decision. "I would just like to have some certainty."

However, Mayor Naheed Nenshi said he's glad some movement was made.

"Would I have preferred to move forward on all of it today? Yeah. But it is fair to say there were some really innovative ideas that we don't have enough information on, so I'm perfectly happy to get the answer right, even if it means waiting a few months."

Consultation

- Administration will come back in April with the cost associated with doing a community-by-community consultation.
- The results of the consultation will be presented in December.
 - It may be a baby step but it's the right baby step, said Ald. Andre Chabot.





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On the web:

Allan Small on why it's still too early to get overly worried about oil. More at metronews.ca/ investing



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SMARTPHONES

Developer unveils **Calgary Transit** app

Calgary Transit users can now turn to their smartphones for real-time bus and C-Train updates.

The inTransit app, developed by Collective Cognition, is available for iPhone and other devices.

Users can save their favourite stops in the app for easy reference, auto-dial Teleride, view stops, get directions using builtin maps and set reminders.

"Our app will be updated constantly with new features to further streamline the experience over the coming months," said William Blanchett, founder of Collective Cognition. The current version is available at the Apple App Store for 99 cents. **⊚ METRO**

Shuttle service to start Monday

Bus service to one of Calgary's new outlying com-munities will begin Monday on the developer's dime.

Development Walton and Management has struck a deal with Calgary Transit to begin shuttle bus service from Skyview Ranch to the McKnight-Westwinds C-Train station.

According to Neil McKendrick, manager of transit planning with Calgary Transit, the developer will pay around \$260,000 annually to cover the full operating cost of the service.

"We're trying to encourage other developers to do

15^{The number of passengers per} hour that need to ride a shuttle bus to meet Calgary Transit's minimum ridership standard.

it because it's very expensive for Calgary Transit to put in initial transit service in an area that's that far away from anything," he

McKendrick said this hasn't been done since a developer paid for bus service when McKenzie Towne was initially built.

M KATIE TURNER

Fire deemed | Calgary fire victim identified

Investigators are treating a blaze that broke out Sunday in a Calgary school under construction as suspicious.

suspicious

Shortly after 6 p.m., fire crews entered the building, located in the 12000 block of Coventry Hills Way NE, and doused the flames. A piece of construction machinery inside was severely damaged.

Calgary police have identified a man found deceased during a house fire last week.

Franklin Morton, 65, was discovered by fire crews around 1:30 a.m. Wednesday amongst the charred remains of a blaze in the 3400 block of 56 Street NE.

METRO

Support groups fight rising costs

Gas prices create concern among some volunteers Increased demand for food diminishes supply

Soaring gas prices and ever-present demand are creating headaches for Calgary non-profit sup-

Calgary port groups.

At NeighbourLink, food food delivered food hampers and essential baby items to more than 3,500 families last year, volunteers are asking about possible reimbursement for the high-priced fuel they are pumping into their vehicles, said LeeAnne Alexander, manager of volunteer resources.

"Obviously, being a non-profit charity, we can't afford that," she

"We're looking into how we can still honour our volunteers.... If we have volunteers dropping off because of the price of gas, these babies aren't going to be getting food. This is a big deal."

The increase in costs has also kept demand for hampers high, when typihampers ingn, when and cally a drop-off would occur in the months immediately following Christmas, said Gwen James.

She co-ordinates volunteers who deliver hampers through the Care Connect Christian Society. She also sits with numerous other city groups on a basic needs network committee.

"All of them — their resources are exhausted," she said of the groups.

Both Care Connect and NeighbourLink deliver food hampers offered up by the Calgary Inter-Faith Food Bank, which itself is coping with increased



costs

Marketing and communications co-ordinator Kathryn Sim said the organization budgeted for an increase in gas prices but is being faced with a five per cent increase for certain guaranteed food items.

Despite this, Sim doesn't anticipate a change in

the level of service.
"For the most part

Upward trends

Gas prices have soared as high as \$1.18 per litre at some Calgary stations in recent days.

Grocery prices have risen by nearly two per cent year-over-year, compared with last January, analysts report.

when costs go up, if we need to, we substitute purchase for food donations," she said.



For more local stories, visit metronews.ca/ calgary

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Theft a 'kick in the face'

Donation jar stolen at Eau Claire Market over weekend D U of C group raising funds to send hundreds of books to rural school in Anhui, China

Theft has forced a local non-profit to take a "huge" step backwards.

Step Forward, a group created through the University of Calgary Stu-dents' Union, was raising money at Eau Claire Market on Sunday to send hundreds of books to a rural school in Anhui, Chi-

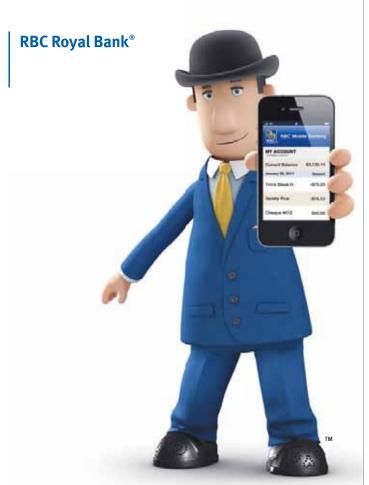
The volunteers collected \$300, but took their eves off the donation jar for two minutes - just enough time for a thief to nab it, said group cofounder Jacqueline Loke.

"It was the last thing that crossed our mind,

she said. "We did not expect with the cause of this event for someone to take the donation jar. It was devastating ... kind of a kick in the face I guess." Step Forward will con-

tinue to recoup the lost funds for the rest of the week, Loke said. For more information or to lend support, e-mail sf.bookdrive@gmail.com.





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Library musical in March

Musicians serenaded people at the W.R. Castell Central Library with classical music during the first day of the Music in March event at the Calgary Public Library's main branch yesterday. The event features students and faculty from the university's music department and runs from noon to 1 p.m. through Friday.

Hospital wait times down

Health officials say a cure for the province's ailing emergency rooms is closer, releasing numbers vesterday showing average wait times from ER to acute-care bed have been

reduced by 55 per cent overall since September. Health and Wellness Minister Gene Zwozdesky chalked up a reduction in daily averages of emergency inpatients, or EIPs, to the addition of 360 hospital beds across the province set to be operational by the end of the month.

"This is a significant downward trend that indicates the situation in emergency departments is improving," Zwozdesky

68% is the reduction in average daily emergency inpatient numbers in Calgary hospitals since September.

said. "Patients who need to be admitted are getting into beds sooner.'

Calgary saw better results than Edmonton and Red Deer in its patients' wait times, with a daily average of 22 EIPs last month to Edmonton's 47.

And getting patients in faster is a good start to making emergency rooms run healthier. "The fact that we now have EIP numbers down allows us to see our patients faster, and that is making life in the emergency department better," said Dr. Cheri Nijssen-Jordan, AHS senior lead and emergency doctor at the Alberta Children's Hospital.



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CRISIS IN LIBYA

Gadhafi hits from above

Repeated airstrikes by Libyan warplanes yesterday illustrated the edge Moammar Gadhafi holds in his fight against rebel forces marching toward the capital: He controls the air.

After pleading from the uprising's leaders, Britain and France began drafting a U.N. resolution for a no-fly zone in Libya that could balance the scales.

Libyan warplanes launched multiple airstrikes yesterday on opposition fighters regrouping at the oil port of Ras Lanouf on the Mediterranean coast a day after they were driven back by a heavy government counteroffensive Sunday aimed at stopping the rebel drive toward Tripoli, Gadhafi's stronghold.

The rebels can take on "the rockets and the tanks, but not Gadhafi's air force," said Ali Suleiman, a rebel fighter. "We don't want a foreign military intervention, but we do want a no-fly zone."

Over the weekend, Gadhafi's forces unleashed their strongest use of airpower yet in the nearly three-week-old uprising. THE ASSOCIATED PRESS

Green Party launches attack on attack ads

Campaign encourages Canadians to reject negative political ads Commercials airing this week on TV

EAN KILPATRICK/THE CANADIA



The Green party is going on the attack — against attack ads.

Green Leader Elizabeth May has unveiled a 30-second spot that spoofs political attack ads, complete with a militaristic drum roll and ominous voiceover.

"Tired of the name-calling? Smear campaigns? Mudslinging? Are you disgusted with the state of Canadian politics?" the narrator intones. "This does not represent our Canada. It doesn't have to be like this."

May told a news conference yesterday that the ad is meant to encourage people to reject negative polit-

On the attack

Green Party Leader Elizabeth May acknowledges the send-up isn't meant to sway Canadians to vote Green.

- She said the party felt compelled to push back against negative ads after a recent round of Conservative attacks on Liberal Leader Michael Ignatieff.
- ► Those since-yanked ads prompted a torrent of criticism

ical advertising.

"We do not have to accept a contaminated, vitriolic, rabidly partisan, unpleasant political culture," she said. "It is not part of democracy."

The Greens are spending less than \$10,000 to run the ad on the television networks CBC, CTV and TVA. It will air three times this week, although May didn't rule out a longer run.

The party has also launched a social media campaign on Facebook and Twitter encouraging people to "change the channel" on negative political ads.

THE CANADIAN PRESS

Rae calls for rebel talks

Liberal MP Bob Rae says the Harper government should be talking to Libyan rebels fighting Moammar Gadhafi.

The National Libyan Council has now positioned itself as the political branch of the anti-Gadhafi forces Rae also wants closer Canadian ties with the Arab League and the African Union.

The foreign affairs critic says the government needs to engage those organizations in order to put extra pressure on Gadhafi.

THE CANADIAN PRESS





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Family photos show Kate over the years

• Kate Middleton's family photos go online, part of palace media blitz before royal wedding

the new childhood pictures of Kate Middleton and that's just how Buckingham Palace wants

Whether she is frolicking outdoors at age three, flashing a winning smile at five, hugging a jubilant boyfriend — Prince William — on their joint graduation day, Britain's future queen is an irresistible lassie.

Yesterday's release of photos and information is designed to make Middleton's storybook life seem more accessible, but it is not damage control. Middleton's image does not need repair. She is already popular - her recent appearances with William have been quite successful, and she has shown an easy touch when relating to the pub-

The photos released yesterday from the Middleton family album simply show a picture-perfect princess in the making: A pigtailed toddler, a smiling child, a family vacation shot and a healthy, wholesome beauty graduating from the University of St. Andrews in Scotland.

The palace photo package also included an official Middleton mini-biography laced with deep insights into the womanwho-would-be-queen, including that she likes to sail and enjoys going for

THE ASSOCIATED PRESS



Images released yesterday by the Middleton family: 1. Kate Middleton, aged four, on left with her father and sister Pippa in Jerash, Jordan. 2. Kate Middleton at age five. 3. Kate Middleton, aged three and a half, on holiday in England's Lake District. 4. Kate Middleton after her graduation from the University of St. Andrews in Scotland. 5. Prince William and Kate Middleton pose together after their graduation from the University of St. Andrews in Scotland on June 23, 2005.

TIES TO SEX OFFENDER

Fergie and her prince under fire

Prince Andrew and his ex-wife, Sarah Ferguson, were in the spotlight vesterday for their ties to a wealthy U.S. sex offender — he for being pictured with an underage masseuse at the man's home and she for accepting money from the American to help

pay off her massive debts.

Sarah, Duchess of York, confirmed that she did receive financial help from convicted U.S. sex offender Jeffrey Epstein. But she claims to have known nothing about his background and vowed to repay the £15,000 (\$24,500 US) he

advanced to settle a debt to her former personal assistant, Johnny O'Sullivan.

"I am just so contrite I cannot say," the duchess was quoted as saying. "Whenever I can I will repay the money."

Over the weekend, British newspapers carried photographs of Andrew with his arm around a young woman who now claims to be one of Epstein's underage victims. There has been no suggestion,

however, that Andrew was involved in inappropriate relationships with underage women. THE ASSOCIATED PRESS



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Fur flies over ferrets

California and Hawaii are the only U.S. states that ban residents from keeping ferrets as pets.

California ferret owners have been pushing for legalization for more than 20 years, but so far have failed to convince officials to take ferrets off the list of prohibited wild animals.

But these renegade ferret lovers have no plans to abandon their long furry friends. Instead, they're ramping up their campaign to persuade lawmakers, wildlife officials and the public that it's time to overturn a ban that's been in place for nearly 80 years.

State wildlife regulators say escaped or discarded ferrets could establish feral populations and threaten native wildlife such as nesting birds, rabbits and squirrels.

Rescue capsule brings Chilean pride to Canada

• 'This capsule represents the Chilean people,' says mining official

Canadians who were transfixed by the rescue of 33 Chilean miners trapped underground last year have a chance to get closer to the drama.

One of the rescue capsules built to extract the men from 700 metres of rock in October made its North American debut in Toronto on Sunday, displayed at the international convention of the Prospectors and Developers Association of Canada.

The metal capsule was painted in Chile's national colours of white, red and blue, with scratches and streaks of rust marking its journey into the depths of the earth.

The 53-centimetre-wide, bullet-shaped pod was something of a celebrity at the convention, commanding a constant crowd that included Chile's minister of mining, Laurence Golborne, who led the team

Trapped miners

Last October, the world watched as rescue workers saved 33 buried miners.

- ➤ The effort involved more than 300 people who drilled and provided food for the men who became national heroes.
- It took about 25 minutes for each miner to be transported to safety above ground.
- Using a capsule like the Fenix in the future would depend on access to a mine site and how deep a rescue mission had to go.

responsible for the rescue.
"We never gave up and we fought until we obtained what we got. In this case, we rescued our countrymen that were trapped," Golborne said as he stood before the capsule named Fenix.

Golborne added that the capsule, which helped bring the miners to the surface after 69 days trapped in the San Jose mine, marked a significant chapter in Chile's history

chapter in Chile's history
"It was a very, very emotive moment," he said of
the rescue mission. "A moment of union, a moment
of strength."

The capsule is on display until tomorrow, after which it will make its way to the Smithsonian Museum in Washington, D.C.

Mining experts who weighed in on the capsule said such an apparatus could potentially be used for future rescue missions, but deploying it would depend on the situation.

"I don't see any reason why it couldn't be used anywhere in the world," said Bill Mercer, chair of PDAC's health and safety committee.

THE CANADIAN PRESS





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Slowing trend in housing continues

• The number of new homes built this year will decline to about 170,000 from last year's 192,000, says CIBC forecast

Canada's housing market has peaked and is showing signs of bottoming out, but that may be a good thing, economists say.

Analysts are expecting soft news for housing this week with the release of the latest Statistics Canada data on housing starts and

new home prices, both expected to show a flat or declining trendline.

But economists say a downward adjustment is necessary because "it puts Canada's housing market on a more sustainable path," said Krishen Rangasamy, an analyst with

CIBC World Markets. That means housing prices and affordability ratios that are in line with income growth. not above.

Housing has been the bedrock on which Canada's economic recovery has depended. But growth began flattening last spring and has been mixed ever since.

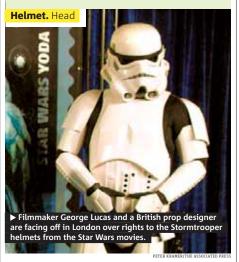
However, economist Gorica Djeric of Scotia Capital says she sees no evidence of a crash looming.

And the recovery is finding new triggers of growth, particularly exports business investment. and

THE CANADIAN PRESS

Home truths

- The value of building permits issued by municipalities - a forerunner of $construction\ activity-fell$ sharply in January by 5.1 per cent to \$5.4 billion.
- Much of the decline occurred in the non-residential sector, which fell for the third straight month to \$1.7 billion, down 13.3 per cent.
- Home building permits dropped 0.9 per cent to \$3.7 billion after a strong December.



Lucasfilm strikes back

The British High Court in London will rule this week on whether U.S. copyright on three-dimensional works can be enforced in England. The case arose when designer Andrew Ainsworth, who sculpted the galactic headwear for the original Star Wars movie in 1977, began selling replica costumes over the Internet.

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Oil drives dollar down

Canadian dollar closed lower against the U.S. currency yesterday as prices remained volatile and nervous investors looked for safety in gold.

Crude prices briefly jumped above \$106 US a barrel before settling as fighting in Libya intensified over the weekend. raising fears that the conflict won't be over anytime soon.

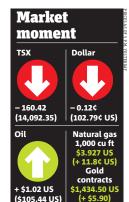
"Oil is an important

driver for the Canadian dollar," said Camilla Sutton, chief currency strategist at Scotia Capital. "Oil currently holds the tightest correlation with the currency.'

Meanwhile, world stock markets slid yesterday, pressured by worries that global economic growth will slow as oil prices climb.

Because serious disruptions in oil production could put the global economic recovery in jeopardy, traders are closely watching Libya, where civil war has cut oil production in half.

The European debt crisis was also in focus yesafter Moody's terdav Investor Services slashed Greece's rating by three notches and said the country may have to restructure its economy in the next couple of years despite a \$154-billion bailout last May, the canadian press





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SEVEN HABITS OF THE HOPELESSLY SINGLE



At first it was fun being the token single pal, recounting your hilarious dating adventures for your boring coupled-up friends.

ut after a while the

drama gets tiring and now that everybody is settling down you're starting to wonder — why am I still single? Now you're one more disastrous date away from retiring your heels and giving up for good. But before you slip into a bathrobe and adopt a family of stray cats, think about what you might be doing to inadvertently sabotage your love life.

You jump into bed right away: Sexual chemistry is an important part of any relationship, but doing the deed too soon doesn't give you a chance to learn each other's last names let alone your hopes and dreams. If you're looking for a re-

lationship that extends beyond the bedroom, try getting to know each other before getting undressed.

You're still in love with your ex:
Stop comparing everyone to "the one that got away" and remember: it didn't work out for a reason. Delete phone numbers, cease all e-stalking activity and move on.

on. **You're too nice:** Being perpetually agreeable is both boring and a major turn-off. Dial back your desperation for approval and don't be

afraid to be opinionated.

"If your opinion

of last night's

episode of Jersey

Shore is the only

thing you have to

contribute to the conversation,

don't be too

surprised if

there's no second

date."

Your routine has left you in a rut: Every day you take the same

bus to the same office and then have drinks with the same friends at the same bar and then go home to the same bed ... alone. Do you see where I'm going with this?

You're a stage-five clinger: Is playing it cool a foreign concept to you? If you follow up a first date with a phone call, a text

message, an email, another phone call and an enthusiastic Facebook status update, you're probably scaring away potential suitors.

You're really into reality TV: Or

postmodern feminist literature or Farmville. A unique passion makes you interesting; it can also mean you have a one-dimensional personality. If your opinion of last night's episode of Jersey Shore is the only thing you have to contribute to the conversation, don't be too surprised if there's no second date.

You're shallow: High standards are fine; a long checklist of unrealistic expectations is outrageous. Focusing on the superficial not only makes you a jerk, it means you'll miss out on a potential romance just because he or she isn't tall enough, blond enough, rich, etc. Remember: no one is perfect.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

Are we meant to wander?

Our ancestors' Farmville



Worth

Mentioning

Marg o

our ancestors gave up foraging for food and took up farming, one of the most important and debated decisions in history.

Was farming more efficient than foraging? Did the easily hunted animals die out? Did the environment change?

A new study by Samuel Bowles of the Santa Fe Institute in New Mexico argues that early farming was not more productive than foraging, but people took it up for social and demographic reasons.

In yesterday's edition of Proceedings of the National Academy of Sciences, Bowles analyzed

what it would take to farm under primitive conditions. He concluded farming produced only about three-fifths of the food gained from foraging.

ing.
But, Bowles notes, farming became the most common way of living between 10,000 and 5,000 years ago because of its contribution to population growth and military

power.

Without the need for constant movement, child-rearing would have been easier and safer, leading to a population increase, Bowles said.

Brian Fagan, a professor emeritus of archaeology at the University of California, Santa Barbara, called Bowles' ideas "provocative and fascinating." THE ASSOCIATED PRESS

Is Charlie Sheen acting like this for publicity?

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Metro Minute with a Chemical Reaction

Pesticides and herbicides go under the microscope in a documentary being screened in town this evening.

A Chemical Reaction, directed by Brett Plymal, documents the story of Quebec dermatologist Dr. June Irwin.

Irwin discovered a link between her patients' health and their exposure to pesticides and herbicides. She took her claims all the way to the Supreme Court of Canada and eventually her hometown of Hudson, Quebec, became the first Canadian municipality to adopt a bylaw banning the use of pesticides.

The Marda Loop Justice Film Festival presents A Chemical Reaction tonight at 7 p.m. inside the River Park Church Auditorium.

METRO



Eckhart stays true to the marine spirit

Dattle: Los Angeles star took the U.S. marine's motto Semper Fidelis (always faithful) to heart, as he never broke character during shooting of the movie even after breaking his arm



Battle: Los Angeles may seem like a big-budget popcorn movie, but star Aaron Eckhart wasn't about to approach it that

way.
"If I'm going to do a scifi movie, I want it to be re"I want it al," Eckhart says. "I want it to be believable, like documentary filmmaking. I want you to think you're at war. And I thought the only way to do that was to be in character."

He's not exaggerating. According to Eckhart and corroborated by his co-stars — the Dark Knight and Thank You for Smoking star stayed in character as U.S. marine Staff Sgt. Michael Nantz throughout filming. "For example, I broke my arm making the



movie and didn't stop filming, and didn't tell those guys," he says. "Never gave them an excuse to wimp out, to cry, because that's not what marines do.'

Eckhart admits such an intense working style isn't for everyone — and didn't win him a ton of friends.

"These guys probably

hated my guts because I was in character all the time, 100 per cent," he says. "I gave everything to this movie - probably to my social detriment. But I didn't care about that. All I cared about was this movie. It meant so much to me." It's a working style that he prefers. "If I can,

I'd always stay in character. It's just easier that way. That doesn't mean you can't laugh and have good times, because every character has all those facets of his personality."

Eckhart even kept at it

during the film's pre-shoot boot camp. "I didn't let them get too close to me. he says of his young co-stars. "I put them through paces and made their them hurt.

Now that Eckhart has had a taste of big-budget popcorn fun, is he ready for more?

"No, no. But I would like to make a sequel to this movie," he says.

Still, Eckhart might be taking a break from smaller films like Rabbit Hole and Love Happens for the time-being, thanks to his Battle: Los Angeles experi-

"I'd like to make a western, that would be good,"

he says.
"You know, a hard-core western like this, where it's real real. Anything where it's real. I wish I had been in Black Hawk Down, or Apocalypse Now. I don't want to be in wimpier scene

Scene in brief



Justin Bieber is getting a pair of his shoes enshrined at the Bata Shoe Muse-um in Toronto. The Stratford,

Ont., native's shoes will be on display in the museum's main space next week, during March Break

After that, the 17-year-old pop star's shoes will be exhibited in the celebrity gallery, alongside footwear from other Juno Award-winners. THE CANADIAN PRESS

Yawn 🕮 | Don't bother 🕮 🛢 | Rent it 🕮



Doc doesn't pull punches

Inside Job Genre: Documentary **Director:** Charles Ferguson The cost to date of the 2008 money meltdown is more than \$20 trillion

worldwide, with millions of people losing their jobs and homes. The end is still far from sight, but thanks to Charles Ferguson, a filmmaker and journalist par excellence, the beginning is now much more in focus.

Inside Job, the recent Oscar winner for Best Documentary Feature, is Ferguson's masterful account of the roots of this sorry affair. It names names, points fingers and takes no prisoners in its scathing

dissection of what Fergu-son persuasively calls "a completely avoidable cri-– one sparked by the greed and malfeasance of financial cowbovs and their stooges in politics and academia.

Where other films have played the Great Recession for bitter laughs (Michael Moore's Capitalism: A Love Story) or overripe drama (Oliver Stone's Wall Street 2: Money Never Sleeps), Inside lob approaches the topic as both a detective story and a history lesson. PETER HOWELL



Morning Glory Genre: Comedy **Director:** Roger Michell **Stars:** Rachel McAdams, Harrison Ford and Diane Keaton

It doesn't pay to have a good memory or high standards when appraising this fitfully amusing broadcast satire that unfortunately invites com-parisons to sharper times and pens. Morning Glory can only approximate those successes — even though Rachel McAdams would make an excellent Mary Richards, Harrison Ford a decent Lou Grant and Diane Keaton an intriguing hybrid of Ted Baxter and Sue Ann Nivens. OPETER HOWELI





Sheen fired from Two and a Half Men

Charlie Sheen was fired yesterday from Two and a Half Men by Warner Bros. Television following re-peated misbehaviour and weeks of the actor's angry, often-manic media campaign against his studio bosses.

decision for long. was taken after "careful consideration" and effective immediately, the studio said in a

statement. No decision has been made on the show's future without its star, said Paul McGuire, a Warner spokesman.

The actor, who has used TV, radio and social media to create a big megaphone for himself, was not silent

In a text to The Associated Press, Sheen responded, with the F-word and "They lose," followed by the word "Trolls."

Asked if he planned sue, Sheen texted back, "Big." As for his move,

Sheen texted. big one. THE ASSOCIATED PRESS

Celebrity tweets



Rihanna [Arihanna] Sydney, u rock so hard! SO much FUN

2nt...U wore me out!! Now I gotta muster up some energy 2 go flash my tits for



Adam Levine ours is insane. Bananas, Gangbusters. Ghost Busters

[Aadamlevine] This new song of



P. Diddy [@iamdiddv] Logic will get you from A to

B. Imagination will take you everywhere. — Albert Einstein

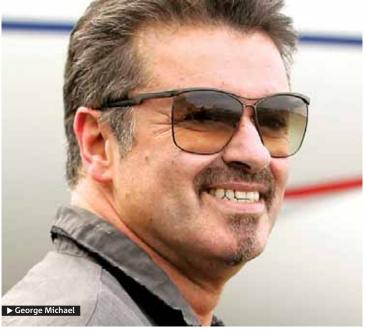
Conan O'Brien [AconanOBrien] If



Charlie Sheen follows me, I win. (Update) It's official: A charliesheen

is following me on Twitter. so I win. Charlie, I'm sending over a van to collect the

No more 'faith'? Michael dumped by partner: Report



Former Wham! singer has run into much trouble recently

George Michael's troubles never end.

The 47-year-old former Wham! singer, who's been convicted of drunk driving more than a few times, and has called himself "the poster boy for cannabis," has been left by his longtime boyfriend, Kenny Goss, 51, according to the U.K.'s The Sun.

The writing has been on the wall for some time," a source told the newspaper.

"There are only so many second chances Kenny was prepared to give. He's been loyal to George from Day 1, but that hasn't always been reciprocated." • METRO

Transformers 2 was a bad film: Director

Despite earning \$402 million at the box office, Transformers: Revenge of the Fallen was a movie

That's not our critic talking — it's the film's director, Michael Bay. He blames the writers' strike for the poor quality of the script.

"The real fault with (Transformers 2) is that it ran into a mystical world,' he told Empire magazine.

"When I look back at it, that was crap. The writers' strike was coming hard and fast. It was just terrible to do a movie where you've got to have a story in three weeks. I was prepping a movie for months where I only had 14 pages of some idea of what the movie was. "It's a BS way to make a

movie, do you know what I'm saying?"

We do Michael, we do.





Guy Richie expecting a baby

Madonna's sons Rocco (biological) and David (adopted) can expect a half-brother.

Their dad, director Guy Richie (Sherlock Holmes), is expecting a baby with his girlfriend, British model Jacqui Ainsley, according to News of the World.

When not procreating, the filmmaker is currently at work on the sequel. Sherlock Holmes: A Game of Shadows.



Equality fight not over

Women of Canada have made huge strides and great accomplishments, but gender differences are still 'huge' • Equal wages, sexual violence and the glass ceiling are problems

International Women's Day

As we mark International Women's Day, it's only natural the names of our own female heroes spring to mind.

First big shout should go out to Canada's eternal feminist: Manitoba's Nellie McClung fought hard to enshrine women, getting them legally recognized in 1929 as "persons," an elevation in status that meant women gained rights similar to those of men.

The battle's not over though. Even some 80 years later, things are far from 50-50, according to University of British Columbia professor Mary Bryson. A wide gender gap still exists with respect to wages, the representation of women in board rooms and with women being the predominant victims of sexual violence, she says.

60 seconds

iet-airls-involved.



"Many Canadians feel we've eradicated gender difference and that's far from the case," says Bryson, who teaches gender and sexuality studies. "The differences are still

Of course, it's vital that

we continue to wave the equality banner, says Bryson, and salute those female champions who payed the road before us. Here are a few:

· Agnes Macphail, first woman to sit in the House of Commons.

- Senator Anne Cools, the first person of colour appointed to the Canadian Senate (1984).
- Pauline Johnson, first native poet to have her work published.
- · Nancy Greene, cham-



- Dr. Elizabeth Bagshaw, one of Canada's first doctors and women's health advocates.
- Lucy Maud Montgomery, author of Anne of Green Gables.
- Kenojuak Ashevak, pioneer of modern Inuit art.
- Michaëlle Jean, Canadian journalist and 27th Governor General of Cana-
- · Roberta Bondar, first Canadian woman in space.
- · Sue Johanson, sex educator. THE CANADIAN PRESS

pion alpine skier.

change — and I truly believe that it takes one person to start a contagious cycle of help and positive energy — I believe that here we have everything we can use to extend the help, to extend awareness.

Where do we still fall short?

Still on the wages (in the workplace). If you read the studies we're still not there. Aboriginal issues here are also huge for women. It's going to be a continuing battle, but I do think there is hope and that hope is in young girls and boys.





"If I had stayed in South Africa, I'd probably have become a victim, too. Everybody can, and so can their mother and sister. But that's not the reason I'm involved ... I iust feel verv strongly about my country's rape crisis."

ACTRESS AND UN AMBASSADOR CHARLIZE HOMELAND AND HOW MORE ATTENTION NEEDS TO BE PAID TO STOPPING



trying to stop child marriag

SOPHIE GRÉGOIRE-TRUDEAU

"THERE'S STILL WORK TO DO"

The eTalk reporter has teamed up with Plan Cana da's Because I am a Girl campaign to raise awareness about female issues both here and around the globe.

What does this particular cause mean to you?

When you look at the most disadvantaged people, the poorest people on this planet, you're looking at women and children. Anything that

has to do with women's causes is close to my heart, so when Because I'm a Girl came to me, it was just a total fit. I thought the work they were doing was incredible, not only on an international level, but how they're reaching out to millions of girls here in our own country.

If you could change one thing about the state of women and girls around the

world, what would it be?

I would say, equality and justice. It's difficult to believe that women are still violated, humiliated, forced into sex trades. beaten, burned with acid for one single reason: because they're women. It gives me a heartache and it's absolutely unacceptable.

What do you see as Canada's unique role in the betterment of women's

There's still work to do. but we're so blessed here. When we have the means to become agents of





The perils of self-diagnosing

Is that tennis elbow or a tumour?

If you're relying on the Internet to make the diagnosis, you may want to think again. Doctors warn that Internet self-diagno-sis could have dangerous consequences.

Surveys show that most Canadian adults use the Internet to find health information, and doctors have noticed some trust it enough that they don't even consult a physician. "The power and the

peril that we have right now, with particularly strong search engines, is you can input a string of symptoms and most assuredly something will pop out," says Dr. Ross Up-shur, a University of Toronto scientist and Canada Research Chair in primary-care research.

Search engines can give wacky advice. A Google search for "diet" turns up fasting regime with lemon-concentrate pills

other specials:

MS

By the numbers

Using the internet to help diagnose

Statistics A Statistics Canada survey suggests 70 per cent of Canadian home-Internet users consulted the web for health information in 2009

exceeding Canada's Food Guide. And the top results for "sore throat" suggest it's a symptom of throat cancer or AIDS.

It turns into a problem when patients bring reams of papers to a doc-tor's office explaining why their headaches are caused by meningitis. Doctors and international media call those web-stoked fears "cyberchondria."
THE CANADIAN PRESS

Nature of things

Exercising outdoors linked to reducing stress levels



Just do it - outdoors.

Now that the weather is warming up, why not take your workout outside. Exercising in nature is super good for you, according to studies that are sprouting up all over the world.

"Nature-based exercise may provide a greater buffer against stress and an opportunity for con-templation in an overly distracted world," says Dr. Alan Logan (ND), who is currently writing a book on the topic.

"Compared to treadmill, research shows exercise in the outdoors, particularly in green space, can provide a men-tal edge. Studies have found lower levels of the stress hormone cortisol, an increase in positive thoughts and overall feelings of rejuvenation in favour of outdoor exercise," says Logan, who trained as a naturopath in Toronto and now lives in Connecticut.

The latest study to hit medical journals is from the United Kingdom. Reviewers at the Peninsula College of Medicine and Dentistry at the University of Exeter collected data from 11 trials involving 833 people.

They assessed how subjects felt after exercising indoors versus outdoors.

They concluded that exercising in nature gave people a greater feeling of revitalization and positive energy, as well as decreases in tension, confusion, anger and depres-

Their review was published in the journal Énvironmental Science and Technology on Feb. 4, 2011.

Studies in Japan have also found benefits of exercising outside in green according to ParticipACTION.

Trees emit chemicals called phytoncides, which act as de-stressors.

In a Japanese study, people who went into the country for "forest-bathing" had lower blood pressure than those who went to a city for the day to train.

Another Japanese study found that walking in the forest reduced glucose levels in people who already

Thoughts on... self renewal

ADVICE. Due to our busy lives we often avoid scheduling blocks of planned fun or down time. It's hard to think clearly and function productively in the midst of a whirlwind of activity.

Once in a while, we just have to break the routine. Self-renewal and constructive rest is a necessity, not a luxury.

Take time out for regular self renewal retreats, a time to be quiet, to think and relax (without the constant interference of TV, telephone, Internet), and engage in activities that help to reset your inner rhythms.

Most of us live by rhythms that are not our own. To reconnect and restore the natural ebb and flow of your being results in a greater sense of happiness and wellbe-

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBU-TOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

Walking

It's well known that walkers weigh less than sedentary people.

- Study A recent five-year study in Australia has found that people who walked more were not only likely to have a lower BMI, but were also at lower risk for developing Type 2 diabetes.
- How far should you walk? Many organizations, including ParticipACTION in Canada, recommend walking at least 10,000 steps a day.
- Equivalent distance Walking 10,000 steps is equal to walking about 8km.



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The pure power of negative thinking

Spine surgeon Anders Cohen puts a lot of stock in patients' expectations of pain relief. He prefers to operate only on those who grab you by the collar and say, 'I can't take it anymore."

New brain research proves doctors like Cohen are onto something: Pessimism can override the effectiveness of even powerful treatments.

You've heard of the placebo effect, the healing power of positive belief. This is the "nocebo" effect, the flip side, almost its evil twin. And while the selffulfilling prophecy of negative thinking isn't nearly as well studied, some scientists say it's time for doctors to start paying a lot

Nocebo effect

While the researchers stress the importance of reinforcing positive thinking, they warn against false promises.

The danger If you promise surgery patients they'll wake up free from pain you could set their recovery back when they discover normal pain associated with surgery.

more attention to their patients' outlook.

"We all know that many treatments work for some people but not for others," neuroscientist Dr. Randy Gollub of Massachusetts General Hospital. Instead of stressing only the percentages, "say, 'I have every reason to believe that you could be one of the people who will respond.'

Learning how anxiety influences pain is crucial to understanding this nocebo effect - how you get the pain you expect, said researcher and Oxford neuroscientist Irene Tracey, in the science of expectations in the journal Nature Medicine.

It's by no means a novel concept. Previous research has found people given a dummy pill can experience the side effects of the medication they thought they were getting.
THE ASSOCIATED PRESS

Let the detox season begin

Five tips to safely flush any toxins from your body

DAILY SQUEEZE

DR. ODESSA GILL

DR. GILL IS A NATUROPATHIC DOCTOR AND CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

Patients ask me all the time whether they should undergo a detox. My easy an-

Today, more than ever, we are exposed to thousands of toxins in our environment. How can you tell if your body needs a cleaning? Symptoms such as indigestion, bloating, frequent headaches or a lack of energy are signs.

Here are my Top 5 tips for safe and effective detoxification.

Clean up your diet

What are eating every day? Try keep-

ing a journal for

If your diet includes processed foods (white flour, sugar, hydrogenated fats or corn syrup sweetener), chances are vou feel lethargic by mid-afternoon, short on brain-power and struggle to lose weight. Gradually remove these foods and replace with whole grains, dark leafy greens, nuts and seeds for added fibre and essential nutrients

Keep hydrated

Water is absolutely essential for cleansing so if you are not a habitual water drinker, purchase an atstainless tractive container and keep it on your desk and/or carry with you. Drink 1.5-2 litres daily. To boost alkalinity and cleansing, try adding half a squeezed lemon.

Keep in mind coffee and black teas are diuret-

Limit yourself to 1 cup per

day, and enjoy green tea as

a healthier source of long-

Aim for at least 30 min-

utes of movement per day.

Whether it is walking the

dog or vacuuming, any

help increase circulation

more, try to sweat during

To boost cleansing even

will

consistent activity

and remove toxins.

lasting energy.

Stay active

your exercise to help flush toxins and stimulate your lymphatic system.

Hot yoga and saunas can be beneficial too.

Try some cleansing teas

A few of the most common herbs for cleansing include: Milk Thistle, Dandelion Root, Schisandra (for liver detoxification), Burdock Root and Nettle

(for any skin ailments). While used

> turies and recommended by most natural health practitioners, always consult with herbalist or Naturopathic Doctor before incorporating any of these herbs into routine as vour they may interfere with some prescription medications.

Enjoy turmeric and

Hot, spicy herbs promote increased circulation throughout the body - a key component to detoxification. Try filling a pair of salt and pepper shakers with tumeric and cayenne, and begin adding to salads, soups, pastas, stir-frys, etc. Use sparingly at first until you have acquired a taste for them then apply liberally to all your foods! Avoid using if you suspect an ulcer is

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LECTURE

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Brasserie scores big with French cuisine

• From poutine made with duck gravy to bison dips, this eatery satisfies

LUNCH RUSH

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The owners of Muse, AKA and Winebar have another success with the

Brasserie Kensington. My companion and I sat

along the large windows overlooking busy Kensington while tucking into French-inspired dishes.

This is not a lunch to be hurried. Opulent poutines

Brasserie Kensington 1131 Kensington Rd N.W. 403-457-4148 Reservations: Yes Social lunch: Yes Price range: \$4 - \$49 Rating: 3.5 out of 5



- \$17.50) are made with duck gravy or foie gras. Mussels (\$16.50) with crispy, salty pomme frites.

My bison dip (\$16) was nicely complimented by gruyére and grainy mustard. I actually wanted to drink the dip, an au jus made from lobster.

non-meat-eating companion was very happy with the vegetarian burger (\$15). It was packed with lentils and legumes, and wasn't pretending to be meat. Crispy onions gave it a great zing.

A few unique beers are also on offer (brasserie is French for brewery).

We enjoyed our server's recommendation of Duvel (\$9.75), a refreshing Flemish pale ale.

Fresh beignets with sugar and wildflower honey (\$6) ended our leisurely

The only hiccup was an odd \$3 per person charge for filtered still water.





Crock-Pot.com recommends using your slow cooker to simmer this delicious, nutritious and warming beverage.

Preparation:

In slow cooker crock pot combine juice, water, tea bags, cranberries, if using, sugar, lemon, cloves and cin-

- 6 cups (1.5 L) cranberry juice
- water
- 2 tea bags

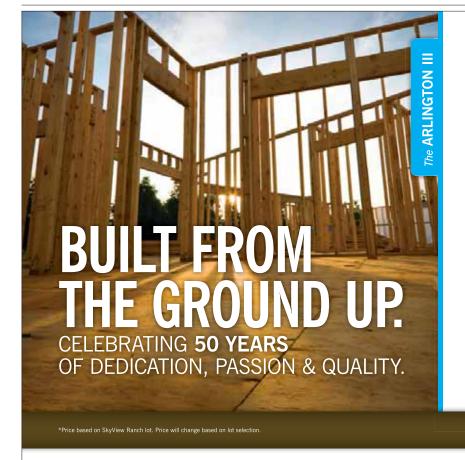
namon sticks. Cover and cook on low for 3 to 5 hours.

Ladle into mugs and garnish with lemon slices and cinnamon sticks THE CANADIAN PRESS

> A PROFESSIONAL HOME ECONOMIST, COOKBOOK All-THOR AND A TV CELEBRITY EMILYRICHARDSCOOKS.CA.

Ingredients:

- 1 cup (250 mL) boiling
- 1/2 cup (125 mL) dried
- cranberries (optional)
- 1/3 cup (75 mL) sugar 1 large lemon, cut into
- 1/4-inch (5 mm) slices · 6 whole cloves
- 4 cinnamon sticks
- Thin lemon slices and
- cinnamon sticks







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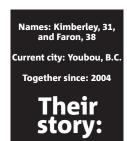
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PERSISTENCE WINSIN



I (Kimberley) was working at a paint store as a colour consultant, and Faron came

in asking about colours.

When I went to his house to help him pick his palette, he picked me up!

I must have turned down lunch, dinner and drinks at least five times, but he kept



showing up at my work every day with coffees for me and my staff. I finally agreed to go out with him, and nine months later we moved into the house that we had designed together.

Somehow, all of my stuff fit perfectly. Coincidence? I don't think so!"

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IGNORING YOUR IN-LAW MAY BE THE ONLY OP



I've been married for more than a year and I kept my last name. My mother-inlaw keeps dropping subtle comments about a name change. I'm only worried

this will get worse once we decide to have children. What can I do?

Angela says ...

I kept my last name too and have been surprised at how many people just assumed I'd changed it. It's a personal choice. Do what feels right to you and your beloved. Maybe your mother-in-law is questioning your commit-ment to her family?

Derek says...

Sometimes in life you simply have to ignore other people. This is one of those times.

Now's the time to CARE for women's rights

International Women's Day

With this year marking the 100th anniversary of International Women's Day, it's a nice time to reflect on the current state of gender equality.

Over the past century, women have overcome many challenges to achieve political, economic and social advance. Yet, there are still places where a person's gender affects their chances of reaching their full potential.

"The advancement women have made over the past 100 years is inspirational," said Kevin Mc-Cort, president and CEO of CARE Canada.

"But let us not be complacent — the challenges women and men face today in reaching true gender equality should not take another 100 years to overcome."

CARE works directly with women and men around the world who struggle daily against the underlying social, cultural and political drivers of sexual violence and gender inequality.

"Canada should be a leader in supporting UN Women, the new UN institutions dedicated to the advancement of women" said Louise Fréchette, former deputy secretary general of the UN and CARE Canada Board Director.

"We need clear, decisive and urgent action. There is too much at stake."

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ON MONEY

ALISON GRIFFITHS MONEY@METRONEWS.CA



Financial literacy is the flavour the month. federal

govern-ment's task force on the subject recently released a report full of common sense recommendations. But, so far, there is little money on the table for ac-

Fortunately, one bank is ahead of the implementation game. Last week BMO launched a website

Up to \$800/ week

 Many young Canadians today to help parents raise financially literate children. Called SmartSteps for Parents (bmo.com/smartparit's chock-a-block with tips, tools and techniques to engage kids, an-

swer parental questions and even entertain with a series of reality-style webisodes showing real families dealing with money dilemmas.

Disclosure: I am consulting expert to the ini-Allying myself with a financial services firm is something I've avoided because my job is

outside-the-box ideas for

parents. What I particularly like about the site is its practicality. Rather than a lot of theories, the focus is on a step-by-step approach to foster financial know-

The articles, interactive tools and games ad-dress key money issues for separate age groups ranging from ages five to 15. You'll also find:

are growing up with a

minimal understanding of

finance, which may lead to

serious issues in the future

which can conflict with

advocate for financial literacy. The lack of it

among the young is one of

the most serious issues

facing our nation. So, I was delighted when BMO

asked me to consult on

with psychotherapist and

parenting expert Alyson Schafer, author of many

Schafer's straightforward

advice provides plenty of

selling

On the site I'm teamed

books.

SmartSteps for Parents.

the business of money.

analyze and inform.

But I've always been an

Expert Blogs: Parents can interact with myself, Parents Alyson Schafer and other parents who are often a valuable source of information

The Zone: A place where tweens and teens can engage in activities including online games.

Web Series: See real parents relate their own experiences teaching their children the basics of money. Schafer and I provide commentary and tips.

Check out the website. I'd love your feedback, which I'll pass on to improve the site as it grows.

Fun and Frugal LESLEY **SCORGIE**



TOP TAX QUES

f you haven't filed your taxes in a long time, get on it! By law, you must file a yearly tax return. If you don't know how, hire someone. Better yet, hire a professional to ensure you're filing correctly and capturing all relevant taxable activities and tax-saving opportunities.

What if I'm missing a form? By law your tax forms, which are generated by your employer, bank or another issuing firm, must be filed with Canada Revenue

Agency, so rest assured that your forms DO exist. You can request a replacement T4 or other tax slip by contacting the issuing agency.

Do I have to file a joint tax return? Taxes are filed on an individual basis in Canada. But, if you're married or living common-law (for federal tax purposes, you're considered common-law after living together for 12 months) you must claim your marital status because vour tax benefits are calculated based on total household income.

What can I write off? If you are self-employed, you're allowed to claim some business expenses against your income. If you're not selfemployed, it's unlikely you can write off employment related expenses. Research what you can claim or hire an expert. Keep ALL your receipts and documentation in case you're audited.

What if I made a mistake? If you've already filed your return, but discover an error (or if a new tax slip arrives late), you can submit a T1 Adjustment to the CRA.

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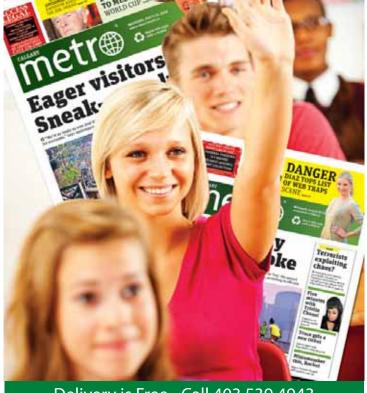


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How would you like to pay for that?

• A house lift or a facelift? Either way, how you pay depends on your financing personality



Whether you're eyeballing a facelift or a bathroom reno this spring, the type of loan you decide on is dependent on your own personal discipline level, says money expert Gail Vaz-Oxlade

Highly disciplined people, she says, should use a line of credit because interest rates tend to be

low and there's flexibility in paying it back. Poorly disciplined individuals who have trouble controlling their impulses would do better to take out a fixed personal loan because that can't be dithered with.

"Ultimately, how you finance anything comes down to how cheap you can get it and what's the kind of credit that's best suited to you," says the host of Slice TV shows 'Til

Debt Do Us Part and Princess.

The thing about money, even investing, says Vaz-Oxlade, is we generally work hard at making it way more complicated than it should be.

"When we talk about financial illiteracy in Canada, it exists because we keep throwing crap at them," says the book author and columnist. "They can't wade through all the crap to make a de-



I'll buy that

Type of purchase: Renovate outdoors

Type of credit: Line of

Why: A line of credit will always be there so once you've paid for the new swimming pool you can access funds for a gazebo and once you've paid that off you can add a winding path through lush gardens and so on and so on.

Loan me?

Type of purchase: Exotic vacation to Turtle Island

Type of credit: Get a personal loan

Why: You've proven you don't really have the discipline to save for it by needing a loan in the first place, so a fixed-rate personal loan is best for you because clearly you need some control and restraint to help pay it off.

Charge it

Type of purchase: Laptop or personal computer

Type of credit: Credit card

Why: Find a card that has insurance that protects items that are lost or stolen and extends the warranty for an additional 12 months. This eliminates the need for buying additional warranties and insurance.

cision. Give people three steps and they're happy with that. Don't over complicate it.

Equity in your home is a good place to start if you're looking at borrowing more than \$10,000, says Lev Keselman, a senior mortgage consultant with Verico Paragon Mortgage Group in Vancouver.

If a tummy tuck beckons, though, Keselman recommends getting an unsecured line of credit from the bank because "it's not even worth it to touch your home equity for that." The reason? Legal and appraisal fees will set you back about \$1,000.

A unique borrowing method that few Canadians think of but should is their life insurance policies, says Vancouver financial adviser Mimi

Of course, you can always find more inventive ways to scrounge up the cash. Pat, who was living in Bloomfield, Ont., at the time, was in her '60s when she decided to sell her dining room furniture to finance a facelift.

"If you're going to have a facelift and you need the money, that would be the thing to do," says Vaz-

Line of credit, bank loan or credit card?



Being cautious while spending money may sound like a contradiction in terms, but financial advisers are the first to recommend this for guilt-free shopping.

Karin Mizgala, CEO of Money Coaches Canada, a national network of financial professionals, has never been an advocate of borrowing, preferring to set aside funds for clothing,

travel or car repairs in ad-

But Mizgala also realizes that there are things such as a home, car or major renovation that leave no other option.

If you must borrow, make sure to shop around for the best interest rates.

Wolfgang Klein, senior investment adviser and vice-president at Toronto based Canaccord, says secured credit lines offer the best rates, but require an asset such as a house. An unsecured line of credit, on the other hand, only requires a good personal credit rating though the rate is a little higher.

Next best is a bank loan with a fixed lending period and payment amount, and is customarily used for cars, boats, special holidays, home renovations. You can also borrow to invest in RRSPs, though Mizgala doesn't advocate this unless "you're

financially very savvy, have maxed out your RRSPs, and have your home paid off." If the interest rates rise. and your stocks don't do so well, you'll end up with a negative balance.

When it comes to mortgages - which you need -Mizgala recommends sticking with a term of 25 years or less. The difference in monthly payments isn't significant, but you're paying a lot longer.

Credit cards are a last

option. While convenient for larger purchases like a computer, you'll get on a debt cycle if you don't pay the balance each month. The other proven danger with credit cards is that you end up spending 30 to 40 per cent more than with cash. Another similar trap to watch out for, Mizgala adds, is "buy now, pay later because you always think vou'll be in a better position to pay it later."

But there's something

that should be done before you head out to your nearest bank to load up on cash. "Think about your re-lationship to money, and we all have one," says financial therapist Amanda Mills of Loose Change, Toronto, who counsels people in understanding their money behaviour and their debt. Too often, Mills says, money is "driving the car, instead of being harnessed to accomplish what you really want with your life.'

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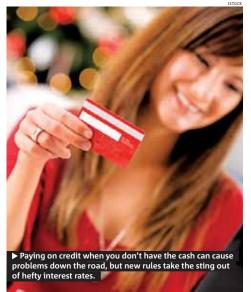
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Banking can be this comfortable



it comes to credit cards

New rules may help with the weight of credit card payments Feds warn the elderly are at greater risk of becoming victims of fraud



New federal government regulations, set in place last fall, may take some sting out of your credit card bills - if you pay your balance in full and on time most months.

Before September 2010 you may have had only a 15-day interest-free grace period to pay your bill, if you paid it in full, before being charged any inter-

Credit protection

Protect your credit card

- Install and update antivirus and anti-spyware software.
- Do not respond to suspicious emails or websites requesting personal

Now you have 21 days from the date of the last information; report them to your financial institution.

- Monitor card statements frequently.
- Change passwords regularly. Keep copies of card num-
- bers and issuer phone numbers in a safe place to report them lost or stolen.

purchase on your bill. If you had an outstanding balance from your extra painful, since issuers could charge interest immediately on all your new purchases as well. Now you won't have to

previous bill, the bite was

pay interest on the new purchases on your bill, if you pay it in full when due.

There are exceptions: interest is charged right away on cash advances or cash-like transactions such as a money order.

Borrow to get ahead. Really?

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Should you go to summer school?

Study abroad, focus your efforts or spread out your workload? Dut you may miss out on summer fun



Meagan Lowes is in her first year of the animation program at Centennial College in Toronto.

The program I'm currently in goes all through the summer," she says. "We don't stop and take semesters off."

Some colleges now offer bootcamp-style programs compressed into a full school year.

"Last summer I was working all summer, and I'm happy to be back in school again," says Lowes.
"Being in a fast-tracking program is more of a benefit than not in my opinion, because I get done sooner. I don't lose any skills over the break."

Summer school pros

Some students take advantage of out-of-country travel-related courses, such as

studying art history in France. It's an opportunity to see the world that you might not be able to do during the regular term while taking other courses.

You can also concentrate vour efforts without the distractions of the regular

According to Gerry Kendal, vice-provost and registrar at the University of Alberta, "A course that you need to get into and keep focus on, the best way to do it is when you're not interrupted by course demands in other areas. With the intense focus, you can uo some work." tremendous

Summer school is an opportunity for you to make up classes. "We'll always have a component of students doing it from a program mitigation standpoint," says Kendal. "Either making up a course they weren't able to or decided not to take, or possibly failed in a prior term, or maybe trying to get a step ahead by taking one to get a prerequisite.

You can also spread the workload over the year. For example, instead of taking five courses in the fall and winter, you might only take three or four courses, and pick them up in the spring and summer. Then you can still complete your degree in four calendar

Summer school cons

One reason some may not want to take summer classes is that you'll miss out on summer fun, as well as lucrative employment opportunities. It's lonely — your friends and family will be far away while you're toiling away on campus.

You may find it difficult to hold down a summer job while you're taking multi-ple courses. "There's no



way I can have a job and go to school at the same time - it's way too intensive," says Lowes

But with the tightening job market resulting from a slow economy, summer school is a viable alternative. "It's been really hard to find work," says Lowes.
"There are summer jobs available but you have to look extremely hard to find them because people are really hanging on to the jobs that they have."

Taking the summer off allows some downtime that you might not get if you study year-round.

Cheryl Washburn, director of counselling services

at UBC, advises: "If you choose to take summer session courses, it's important to plan ahead to ensure that you get enough of a summer break to re-energize for fall courses. Also, because summer courses are more intensive, maintaining balance can be a challenge.'



Introduction to Great Photography and Easy Photo Editing: May 7 workshop; June 11 workshop. This one day course teaches how to make the most of your digital camera including how to compose a great shot, an outdoor photo walkabout

and a photo editing session where you will learn to download free editing software, import your photos, edit them, add special effects, and export your fin-ished pieces. Students must have a digital camera with SLR functions, USB cable to attach to camera to computer and the camera's instruction manual. For more information call 403-410-1587 or email continuingeducation@bowvalleycolleg

Friday Night Books: April 8, May 13, June 10. Students share their passion for reading great books in a three-evening series. One evening per month, the class will gather at a different Calgary restaurant to enjoy an ex-cellent meal and discuss the selected book. The course fee includes the cost

of the meal. For more info call 403-410-1587 or email continuingeducation@bowvalleycollege.ca.

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A lesson in iuggling

Students should not overextend themselves • Here are a few tips for better time management, less stress



If you're a college or university student who's choking on all you've bitten off, take heart because there's hope.

Juggling studies with work, volunteer and extracurricular commitplus all-important social life can be a maddening exer-cise in post-secondary school psychosis.

But reducing your frustration and stress levels has more to do with how you think than mastering the agenda on your Black-Berry, says Catherine Hawn, a psychology professor at the University of British Columbia.

Hawn says students often struggle with the nothat achieving balance means devoting equal time to each area in their lives. It doesn't. In addition, students need to realize that their goals will conflict and that they, unfortunately, can't have it

"If your goal is to do a summer course and get a high mark, that will compete with a totally fun-loving summer," she says, "so recognize that and be ready for goal conflict."

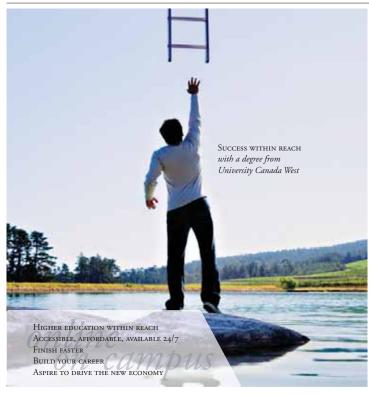
Prioritizing your goals is critical to success as is outlining the concrete steps that will help you achieve your goals. Have specific actions you can

check off each week.
"It takes planning and it takes maturity and not everyone can do that right away," says Hawn, who teaches a course in aca-demic success at U.B.C. "If someone's goal is to achieve an A in a course, then that requires a lot of planning and behaviours before that can happen.

If you're feeling stuck or anxious, think about where you're headed once you've obtained your degree or diploma.

Students should be mindful to not over-extend themselves and if self-control is in short supply, consider setting in stone a study schedule and doing your best not to deviate from it, advises Hawn.





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Some timely tips from your peers

Ask for help

"Don't be afraid to ask for help. My family and friends have been my biggest support. Don't take too much on all at once and prioritize where you want to put most of your efforts," says Toni Campbell, 23, a fourthyear business student at the University of Calgary.

Highlight your life

"Learn to keep a timetable that includes all your activities — academic and personal — and stick to it. Structuring your time makes it easier to stay on track. I use different colour highlighters (i.e. blue for work, yellow for school, orange for social, pink for important) to

happening in one glance,' savs Tanva Gulliver, 42, an environmental studies doctorate student at York University in Toronto.

Make it extra-curricular

"School can be an extremely stressful time for young adults, and I think it's important to choose extra-curricular activities that help you stay grounded and offer a break from the stress. For example, I nanny a toddler and it gives me a chance to laugh and play. The key to juggling commitments is to find a healthy balance between school, work and self-care," says Alex Haggert, 18, in second year film studies at Carleton

University in Ottawa.

Being a grad student and being a T.A. is a 24-hour job. I'm attached to my planner. I'm also a list maker and I highlight it so I know it's done and that action of striking it out makes me feel rewarded," says Emily Burns, 23, doing a master's in gender studies at Queen's University in Kingston, Ont.

"In first year, I stopped working out so I could focus on school work and by December I started to get really depressed. This year, I'm doing hot yoga, ringette and running three or four times a week and it's definitely dropped my stress. My mood is better and I'm able to handle more things," says Jamie Humble, 19, a second-year science student at Grant MacEwan University in Edmonton.

Embrace it all

There will be weeks that I feel swamped, but then it all comes together and there is a break in sight. It's critical to stay as organized as possible," says Paige Mowbray, 36, a third-year social work student at UBC in Vancouver.

Trust yourself

"I need to know what's going on all the time. Sometimes I feel like it's a miracle. One time I had 3 o'clock written down and I thought, 'Oh my god, what's this?' but I figured it out. My motto is don't worry about it cause I'm gonna get it done," says Samantha Durnford, 21. fourth-year journalism student at University of King's College in Halifax.

Map your to-dos

"I keep a map of my week in my brain. Student senate is always on Thursdays, my radio station work is on another day...I kind of show up at these places because I know I have something to do there. I wouldn't recommend my method because it's not very healthy and I get confused sometimes, says Elamin Abdelmah-moud, 22, a second year undergrad at Queen's University in Kingston.

Save your cell

Virus experts are warning that the next big security threat is on mobile phones and that the attacks have begun in

For months, security researchers have been tracking how hackers were trying to take their exploits to a new platform and infect smartphones with malware that could remotely control the devices. Earlier this week, Symantec released a

report about the spread of an infected app called Steamy Windows on Google's Android platform. The simple but popular app makes it look like your screen is covered with steam, which can be cleared off with finger swipes. THE CANADIAN PRESS

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Wednesday, March 9, 5:30 p.m. Calgary Chamber of Commerce (Robert Brown Jr. Room) 100 6 Avenue S.W.

RSVP to Micheline Campanaro micheline.campanaro@haskayne.ucalgary.ca 403.220.3808



HASKAYNEMBA.CA

How to find free cash STUDENT

• Don't think you can afford to pay for summer school? • There are a number of options that can help you, from loans to scholarships to bursaries



How will you pay for summer school?

The best way to finance your summer school is to find "free money," such as grants, scholarships and bursaries that don't accrue interest and you never have to pay back.

Websites such as ScholarshipsCanada.com and StudentAwards.com can help you find them.

Government loans are the traditional way of financing your schooling. In Canada, academic funding is considered to be a partnership between you the student, your parents and the government.

If you're a full-time summer student, which means 9.5 hours per week of classes, you can qualify for the full-time, no-interest loan and don't have to pay it back until you're no longer full-time status.

There are provincial and federal student loans that you can apply for at the same time.

You can complete a single application online, and loans and grants from both governments will be calculated automatically. Visit CanLearn.ca for more information.

Student bank loans are another option. Not all banks consider summer school eligible for financing because it doesn't fall within the standard school year, from September to April.

An adviser at the Bank of Nova Scotia said that in order to qualify for its ScotiaLine personal line of credit for students, you would need to be enrolled in full-time or part-time courses for at least a full year, with valid proof of enrolment. Its alternative would be a standard personal line of credit.

However, Aviel Chow at the Student Financial Resource Centre in Alberta advises against a regular bank loan.

"Whether you're fulltime or part-time, it's best to apply for the government student loans," he



says.
The centre is run by the Student Union at the University of Alberta. There are two government loan options for summer school depending on your full- or part-time status.

Chow says that most students take part-time for spring and summer and opt for the part-time loan option, in which interest does accrue and you are expected to make payments on the interest during your school term.

Look to the universities and their affiliates for other sources of funding

For example, the U of A Student Union offers the Access Fund, a bursary based on financial need.

"This fund is available for students ineligible for their loans or have taken out the maximum the government is willing to give them and are still strug-gling for more," says Chow.

The fund is administered to U of A undergraduates on a case-by-case basis, requiring an interview to assess the student for shortfalls.

In any case, it is best to contact a student financial planner to help you make your choices and do your homework to research some of the many sources of funding available for vour summer studies

> Full-time students – those with 9.5 hours per week of classes can qualify for the full-time, no interest loan and don't have to pay it back until they're no longer full-time.







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Something for everyone

- Summer arts courses cover a wide spectrum
- Many offer technical skills in the arts
- AutoCAD to aromatherapy



With the days growing longer and hopes of warm weather ahead, you may be dreaming of summer plans — lounging on the beach, leaping into a pool or, for a change of pace, jumping into an intense learning experience at a post-secondary school near you.

Many institutions offer concentrated arts courses geared toward students who wish to earn extra credit or simply tackle a topic of special interest. Here's a sampling. Unless otherwise noted, call the school or visit the institution's website for further details.

• Bow Valley College Students can learn Auto-CAD and earn an AutoCAD Operator Certificate in one month. This hands-on, four-week program teaches all of AutoCAD's two dimensional and three-dimensional features and commands. Recommended prerequisite: Introduction to Computers or equivalent experience. • Mt. Royal University
The university offers are
several short-term
photography courses including a mountain
workshop in Banff. More
info at
http://conted.mtroyal.

The university also offers Aromatherapy Basics (Monday evenings, August 5 through 29) and Reflexology Basics (Tuesday evenings, August 6 through 30). More info at http://conted.mtroyal.ca/wellness Other summer programs range from real estate to massage to adult educator



McGill study eyes climate change, says guilty will suffer least

A new study suggests climate change will have the greatest impact on the populations least responsible for causing the problem.

The McGill University study says countries with low carbon dioxide emissions tend to be more vulnerable to climate change.

Researchers found that people living in hot, lowlatitude countries are the most likely to feel the effects over the next several decades.

The study predicts that a small rise in temperature in parts of South America, the Arabian Peninsula and much of Africa will make it difficult to sustain a growing population.

The study combined climate change data with

census data covering close to 97 per cent of the world's population to predict changes in local populations by 2050.

Lead researcher Jason Samson says the data could be useful for decision makers in the ongoing international negotiations around climate change.

THE CANADIAN PRESS



Morrison will miss another few weeks with injury

Calgary Flames centre Brendan Morrison will be sidelined for another two to three weeks with a knee injury.

Morrison injured his left knee last week in Chicago where he was pinned awkwardly into the end boards by Blackhawks defenceman Niklas Hialmarsson in the third period. Morrison has already missed two games.

"Brendan has been reevaluated by Flames head team physician Dr. Kelly Brett and there is still swelling in the knee,' Flames acting GM Jay Feaster said in an statement.

"It will require two to three weeks for the swelling to resolve, at which time he will be evaluated again."

Morrison's absence created a hole at centre on Calgary's top line that includes wingers Jarome Iginla and Alex Tanguay.

Head coach Brent Sutter shifted Tanguay to centre and promoted winger Rene Bourque to that line in Friday's 4-3 win over Columbus. In Sunday's 3-2 victory over Nashville, David Moss played centre for Iginla and Tanguay.

Morrison was a pleasant surprise for the Flames this season. The 35-year-old signed a onevear contract in October after he was released by the Vancouver Canucks and worked his way up Calgary's depth chart.

Morrison has contributed nine goals and 32 assists this season, but his defensive play stood out with a teamleading plus-13 rating. THE CANADIAN PRESS

First star

Jarome Iginla's eight-point performance has earned the Calgary Flames captain the NHL's first-starof-the-week honours.

- Iginla topped NHL scorers last week with five goals and three assists as the Flames (35-24-9) posted three victories in four starts and climbed to fifth place in the Western Conference.
- Iginla scored in each game, beginning with two goals and an assist in a 6-0 victory over the St. Louis Blues

Martin solved by Gushue

• 'It has to come an end at some point and 30 is a nice round number,' Alberta skip says • Manitoba remains only unbeaten team at Brier



Alberta skip Kevin Martin's record 30-game winning streak at the Tim Hortons Brier is over

And it was a fellow Olympic gold medallist who ended it.

Brad Gushue of Newfoundland and Labrador defeated Martin 9-4 at the John Labatt Centre last night. Gushue scored three points in the eighth end and Alberta conceded the

"If we're going to go out, we might as well go out quick," Martin said with a laugh.

Gushue won gold at the

2006 Olympic Games in Turin while Martin won the Olympic title last year in Vancouver Martin ran the table during his last two Brier appearances in 2008 and 2009.

"They've been winning everything and sometimes it feels like you're fighting for second place at times," Gushue said. "But we're here to win this week and hopefully we can step it up even another notch from where we were today.

Martin gave credit to Gushue, who is looking for his first Brier victory.

"If somebody curls better

than us - and they did it's OK to lose," Martin said. 'I've always said that."

Ieff Manitoba's Stoughton is on top of the standings at 5-0 after eight draws of round-robin play. Gushue moved into a tie with Martin and Ontario's Glenn Howard, a 12-4 winner over Quebec, at 4-1. Stoughton beat Brad Jacobs of Northern Ontario 8-4 in his only game of the day.

"We're just having a good time out there and soaking it all up," Stoughton said. "But we feel good, we feel that when we go out on the ice

that we're going to win "It's a really good feel-

ing."
In the other late games, Jacobs bounced back with a -5 win over Jim Cotter of B.C., while Nova Scotia's Shawn Adams edged Steve Lavcock of Saskatchewan 7-

There's a six-way tie for fifth place. Saskatchewan, Northern Ontario, Nova Scotia, New Brunswick, Quebec and Northwest Territories/Yukon are at 2-3. British Columbia is next at 1-4 and Prince Edward Island is last at 0-5.

sports

Quoted



"David Stern. like a lot of leaders we've seen in this world lately, don't really tolerate other people's opinion or free speech or anything. So I'm not really allowed to have an opinion. So it's up to him."

ORLANDO MAGIC COACH STAN VAN GUNDY ON DWIGHT HOWARD, HOWARD PICKED UP THE NBA'S FIRST SUSPENSION FOR EXCESSIVE TECHNICAL FOILS, VAN GUNDY OUOTED A STATISTIC THAT NOTES HOWARD HAS BEEN FOULED 593 TIMES THIS SEASON. NONE OF WHICH WERE LABELLED FLAGRANT.

Canadian women reach final

Rank of the Dutch, who the Canadians will face in the final. The Netherlands finished atop Group A. England (1-2) is ranked 10th in the world.



Canada continues to impress at the Cyprus Cup, defeating England 2-0 yesterday to advance to the final of the women's soccer tournament.

Captain Christine Sinclair and substitute Brittany Timko scored for the ninth-ranked Canadians, who improved to 3-0 at the tournament and 5-1

Canada has outscored its opposition 4-0 in Cyprus, all the more impressive considering the women have not played since the Four Nations Tournament in China in January. Canada had needed a

win or draw to advance to tomorrow's final.

THE CANADIAN PRESS



NATIONAL HOCKEY LEAGUE

EASTERNIC	EASTERN CONFERENCE										
	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	
d-Philadelphia	65	40	19	3	3	208	174	86	20-10-1-2	20-9-2	
d-Boston	65	38	19	3	5	199	152	84	16-12-2-2	22-7-1	
d-Washington	67	37	20	5	5	178	167	84	19-8-2-5	18-12-3	
Pittsburgh	67	38	21	5	3	193	166	84	20-11-2-0	18-10-3	
Tampa Bay	66	37	21	3	5	196	200	82	21-8-1-4	16-13-2	
Montreal	66	36	23	Δ	3	176	167	79	20-8-3-3	16-15-1	

u-vvasiiiigtoii	0/	21	20	,	,	1/0	107	04	17-0-2-7	10-12-2-0	0-2-0-0	447
Pittsburgh	67	38	21	5	3	193	166	84	20-11-2-0	18-10-3-3	3-3-3-1	W1
Tampa Bay	66	37	21	3	5	196	200	82	21-8-1-4	16-13-2-1	3-4-0-3	L4
Montreal	66	36	23	4	3	176	167	79	20-8-3-3	16-15-1-0	6-3-0-1	W4
NY Rangers	68	35	29	2	2	193	164	74	15-17-1-2	20-12-1-0	5-5-0-0	W2
Buffalo	65	32	25	7	1	189	187	72	14-15-2-1	18-10-5-0	5-3-1-1	W2
Carolina	66	31	26	4	5	191	201	71	18-10-1-2	13-16-3-3	5-4-0-1	L1
Toronto	66	29	28	4	5	173	202	67	15-12-3-4	14-16-1-1	6-1-1-2	L1
Atlanta	66	27	28	4	7	184	214	65	14-14-1-5	13-14-3-2	3-6-0-1	W1
New Jersey	65	30	31	3	1	139	168	64	15-13-2-1	15-18-0-1	9-1-0-0	W4
Florida	66	26	31	5	4	165	184	61	12-13-5-3	14-18-0-1	2-6-2-0	L5
NY Islanders	67	25	32	5	5	184	212	60	14-15-1-4	11-17-4-1	4-3-2-1	L1
Ottawa	65	22	34	5	4	147	206	53	11-18-2-3	11-16-3-1	5-4-0-1	L1

WESTERN CONFERENCE

	GP	vv	L	OIL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	67	42	16	4	5	216	155	93	23-7-1-4	19-9-3-1	6-4-0-0	W2
d-Detroit	66	39	19	5	3	219	193	86	17-10-3-2	22-9-2-1	5-3-1-1	L3
d-San Jose	66	38	22	4	2	185	167	82	17-11-2-1	21-11-2-1	8-2-0-0	L1
Chicago	66	37	23	2	4	218	183	80	21-14-0-0	16-9-3-3	9-1-0-0	W8
Calgary	68	35	24	3	6	207	193	79	21-10-1-3	14-14-2-3	7-2-0-1	W2
Phoenix	67	34	23	6	4	191	194	78	16-11-3-2	18-12-3-2	5-4-0-1	W1
Dallas	65	35	23	3	4	180	183	77	18-9-2-3	17-14-1-1	4-5-1-0	W1
Los Angeles	65	36	25	2	2	180	159	76	20-11-1-0	16-14-1-2	6-3-0-1	L1
Anaheim	66	35	26	3	2	182	193	75	20-11-1-1	15-15-2-1	4-5-1-0	L1
Minnesota	66	34	25	2	5	171	174	75	16-13-1-3	18-12-1-2	4-4-1-1	L1
Nashville	66	33	24	5	4	167	156	75	15-7-4-3	18-17-1-1	3-5-1-1	L1
Columbus	65	31	26	3	5	180	196	70	16-13-0-2	15-13-3-3	4-3-0-3	L5
St. Louis	66	29	27	5	5	182	198	67	19-11-1-3	10-17-3-2	3-7-0-0	W1
Colorado	65	26	31	7	1	185	224	60	14-16-4-0	12-15-3-1	1-7-1-1	L5
Edmonton	66	23	35	1	7	169	215	54	12-19-1-3	11-16-1-3	7-3-0-0	W3

d- division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Washington 2 Tampa Bay 1 (SO)
St. Louis 5 Columbus 4 (SO)
Dallas at Los Angeles
Sunday's results
Calgary 3 Nashville 2
Vancouver 3 Anaheim 0
Buffalo 3 Minnesota 2 (OT)
Now Joseph 2 N.V. Jelandore 2 (CO)

New Jersey 3 N.Y. Islanders 2 (SO) N.Y. Rangers 7 Philadelphia 0 Washington 3 Florida 2 (OT)

CAPITALS 2, LIGHTNING 1 (SO)

1. Tampa Bay, Bergenheim 13 (St. Louis,

Stamkos) 12:30 (pp)
Penalties — Carlson Wash (holding) 6:56, Hendricks Wash (slashing) 12:26, Ohlund TB (hooking) 18:21, Ovechkin Wash (delay of game) 19:55.

Second Period

No Scoring.

Penalties — Washington bench (too many men; served by Ovechkin) 2:37, Hedman TB

(elbowing) 10:31.

Third Period 2. Washington, Semin 24 (Wideman,

Ovechkin) 14:28

Penalties — Hannan Wash (high-sticking),

Lecavalier TB (interference) 16:39.

Overtime
No Scoring.

Penalty - Kubina TB (hooking) 3:44.

Washington wins 1-0
Washington (1) — Ovechkin, goal; Semin,

Tampa Bay (0) — Moore, miss: Hall, miss:

Shots on goal by

7 10 3 10 30 7 14 4 3 28 Washington Tampa Bay Goal (shots-saves) - Washington; Neuvirth

(7-6), Holtby (W,5-2-2)(start second)(21-21); Tampa Bay: Roloson (L,18-21-3). Power plays (goals-chances) — Washington:

0-3: Tampa Bay: 1-4.

Referees — Marc Joannette, Tom Kowal. Linesmen — Don Henderson, Jay Sharrers. Attendance — 16,835 (19,758).

Tonight's games Ottawa at New Jersey, 7 p.m. Toronto at N.Y. Islanders, 7 p.m. Edmonton at Philadelphia, 7 p.m. Buffalo at Pittsburgh, 7 p.m. Boston at Montreal, 7:30 p.m. Chicago at Florida, 7:30 p.m. Colorado at Minnesota, 8 p.m. Vancouver at Phoenix, 9 p.m.

Nashville at San Jose, 10:30 p.m

BLUES 5, BLUE JACKETS 4 (SO)
First Period irst Period . St. Louis, Berglund 18, 1:24

Columbus, Voracek 13 (Nash) 6:46 Columbus, Calvert 11 (Umberger, Russell) :32 . Columbus, Tyutin 6 (Clitsome, Vermette)

10:10 (pp) 5. St. Louis, McDonald 15 (Stewart, Berglund) 12:42 (pp) 6. St. Louis, Oshie 7 (D'Agostini, Backes) 13:57

(pp)
Penalties — Dorsett (lh, Stewart StL (fighting) 1:43, Boll (lh, Janssen StL (fighting) 1:48,
Rivet (lb, Backes StL (roughing) 2:40, Cole StL
(holding) 1:0:65, Russell (lb (holding) 11:48,
Nash Cbl (tripping) 12:52.
Second Period
7. St. Louis, McDonald 16 (Backes, Shattenkird) 6:53

ביי.בס Penalty — Reaves StL (misconduct) 6:07. Third Period No Scorine 3. Columbus, MacKenzie 5 (Nash, Voracek) 10:28

No Scoring.

Penalties — Oshie StL (slashing) 1:43, Cole
StL (elbowing) 5:49.

Overtime
No Scoring.

Penalties — None.

Penalties — None.
Shootout
St. Louis wins 3-2
Columbus (2) — Nash, goal; Wilson, miss;
Tyutin, goal; Vermette, miss.
St. Louis (3) — Oshie, goal; McDonald, goal;
Stewart, miss; Steen, goal.
Shots on goal by
Columbus 8 13 4 3 2

| Shots on goal by | Columbus | 8 | 13 | 4 | 3 | 28 | St. Louis | 16 | 9 | 7 | 4 | 36 | Goal (shots-save) - Columbus: Mason (L.22-16-4); St. Louis: Conklin (8-5), Bishop (W,3-4-0)(10:10 first)(20-19) | Power plays (goals-chances) - Columbus: 1-3; St. Louis: 2-2. Referees - Stephane Auger, Dennis LaRue. Linesmen - Steve Miller, Vaughan Rody. Attendance - 19,150 (19,150).

SOCCER

ENGLAND PREMIER LEAGUE

4-5-1-0 7-2-1-0

SCOTLAND

PREMIER LEAGUE

I ILLIVIILIY ELAGOL										
	GP	W	D	L	GF	GΑ	Pts			
Celtic	28	21	4	3	61	17	67			
Rangers	26	20	2	4	58	23	62			
Hearts	28	17	4	7	41	24	55			
Kilmarnock	28	12	6	10	42	33	42			
Dundee United	26	9	10	7	33	32	37			
Motherwell	29	11	4	14	31	38	37			
Inverness	29	9	9	11	39	37	36			
Hibernian	29	9	5	15	31	45	32			
St. Johnstone	28	8	8	12	18	34	32			
Aberdeen	29	9	4	16	31	47	31			
St. Mirren	28	5	7	16	22	45	22			
Hamilton	28	2	9	17	16	48	15			

Yesterday's result
Dundee United 3 Aberdeen 1

SPAIN

LA LIGA

Barcelona	27	24	2	1	78	13	74
Real Madrid	27	21	4	2	65	20	67
Valencia	27	16	6	5	42	28	54
Villarreal	27	15	5	7	46	29	50
Athletic Bilbao	27	13	2	12	42	38	41
Espanyol	27	13	1	13	35	39	40
Atletico Madrid	27	11	5	11	39	35	38
Sevilla	27	11	5	11	41	42	38
Real Sociedad	27	11	2	14	38	44	35
Mallorca	27	10	4	13	28	37	34
Getafe	27	9	6	12	36	41	33
Levante	27	9	4	14	28	38	31
Deportivo La Coruna	27	7	10	10	23	36	31
Racing Santander	27	7	9	11	25	39	30
Osasuna	27	7	8	12	27	32	29
Sporting Gijon	27	6	10	11	25	34	28
Zaragoza	27	6	9	12	24	39	27
Hercules	27	7	5	15	25	41	26
Almeria	27	5	10	12	28	45	25
Malaga	27	6	5	16	34	59	23
Yesterday's result	t						

GP W D L GF GA Pts

Deportivo La Coruna 2 Real Sociedad 1

EUROPEAN CHAMPIONS LEAGUE

Today's games Barcelona (Spain) vs. Arsenal (England), 2:45

p.m. har Donetsk (Ukraine) vs. AS Roma (Italy), 2:45 p.m. Tomorrow's games Schalke (Germany) vs. Valencia (Spain), 2:45

p.m. Tottenham (England) vs. AC Milan (Italy), 2:45

p.m. Tuesday, March 15 Bavern Munich (Germany) vs. Inter Milan

(Italy), 3:45 p.m. Manchester United (England) vs. Marseille (France), 3:45 p.m.

Wednesday, March 16 Chelsea (England) vs. Copenhagen (Denmark), 3:45 p.m. Real Madrid (Spain) vs. Lyon (France), 3:45

GOLF

WORLD GOLF RANKING

TTORED COLI IUI		
Through March 6		
1. Martin Kaymer	GER	8.24
2. Lee Westwood	ENG	7.88
3. Luke Donald	ENG	6.55
4. Graeme McDowell	NIR	6.41
5. Tiger Woods	USA	6.12
6. Phil Mickelson	USA	6.10
7. Paul Casey	ENG	5.91
8. Rory McIlroy	NIR	5.56
9. Steve Stricker	USA	5.37
10. Matt Kuchar	USA	5.20
11. Jim Furyk	USA	5.05
12. Ernie Els	SAF	4.88
13. Ian Poulter	ENG	4.62
11. Jim Furyk 12. Ernie Els 13. Ian Poulter 14. Dustin Johnson	USA	4.40
Bubba Watson	USA	4.31
	SAF	4.29
17. Francesco Molinari	ITA	4.20
	SWE	4.18
Hunter Mahan	USA	4.16
20. Miguel Angel Jimenez		3.81
21. Alvaro Quiros	ESP	3.76
22. Tim Clark	SAF	3.71
23. Louis Oosthuizen	SAF	3.68
24. Charl Schwartzel	SAF	3.58
25. Edoardo Molinari	ITA	3.57
26. Robert Allenby	AUS	3.44
27. Geoff Ogilvy	AUS	3.30
28. Justin Rose	ENG	3.27
29. Y.E. Yang	KOR	3.23
30. Adam Scott	AUS	3.21
31. Nick Watney	USA	3.20
	USA	3.14
33. Kyung-Tae Kim		3.14
34. Zach Johnson	USA	3.11
35. Peter Hanson	SWE	3.02

PGA TOUR FEDEXCUP LEADERS										
Through March 6										
	s Money	YTD								
 Mark Wilson 	1,055	\$2,206,115								
Jhonattan Vegas	752	\$1,410,010								
Rory Sabbatini	724	\$1,412,194								
Bubba Watson	724	\$1,633,134								
5. D.A. Points	713	\$1,482,707								
Aaron Baddeley	658	\$1,435,716								
7. Luke Donald	618	\$1,536,800								
Jonathan Byrd	589	\$1,219,666								
Matt Kuchar	567	\$1,272,473								
10. Vijay Singh	564	\$1,179,492								
Hunter Mahan	556	\$1,128,394								
12. Bill Haas	519	\$967,600								
13. Y.E. Yang	500	\$1,068,396								
Phil Mickelson	489	\$951,031								
15. Spencer Levin	487	\$996,432								
Gary Woodland	445	\$860,064								
Jason Dufner	407	\$751,041								
18. Jimmy Walker	405	\$762,857								
Steve Marino	404	\$800,248								
20. Nick Watney	352	\$768,000								
21. Graeme McDowell	347	\$736,538								
22. Matt Bettencourt	347	\$558,136								
23. Kevin Na	343	\$689,357								
24. Jerry Kelly	326	\$620,011								
25. J.B. Holmes	323	\$743,787								

CRICKET

WORLD CUP

Pakistan	3	3	0	0	0	- 6
Australia	3	2	1	0	1	5
Sri Lanka	4	2	1	1	1	5
New Zealand	3	2	0	1	0	4
Zimbabwe	3	ī	0	2	0	2
Canada	4	ī	0	3	0	2
Kenya	4	0	0	4	0	c
GROUP B						
0.1.001. D	MP	w	т	- 1	NR	Di
India	3	2	- 1	ō	0	- ''
		- 4	1		U	- 3
England	4	2	1	1	0	- 5
South Africa	3	2	0	1	0	4
West Indies	3	2	0	1	0	4
Bangladesh	3	1	0	2	0	4
Ireland	3	1	0	2	0	2
Netherlands	3	ō	ō	3	ō	ō
Yesterday's re	sult					
At New Delhi						

Canada (199 for five) def. Kenya (198, all out) by five wicket Sunday's results

At Bangalore, India India (210-5) def. Ireland (207, all out) by five wickets. **At Chennai, India** England (171) def. South Africa (165) by six

Today's match At Kandy (Pallekele), Sri Lanka

NBA

EASTERN CONFERENCE

	ATLANTIC DIV	ISION			
24 88		W	L	Pct	GB
55	x-Boston	46	15	.754	-
41	New York	33	29	.532	131/2
12	Philadelphia	32	30	.516	141/2
10	New Jersey	19	43	.306	271/2
91	Toronto	17	46	.270	30
56	SOUTHEAST D	IVISION	l l		
37 20		W	L	Pct	GB
05	Miami	43	20	.683	-
88	Orlando	40	24	.625	31/2
62	Atlanta	37	26	.587	6
40	Charlotte	26	37	.413	17
31	Washington	16	46	.258	261/2
29	CENTRAL DIVI	ISION			
20		w	L	Pct	GB
18	Chicago	44	18	.710	-
16	Indiana	27	35	.435	17
81	Milwaukee	23	38	.377	201/2
76	Detroit	23	41	.359	20'/2
71	Cleveland	12	50	.194	32
68	Cievelaliu	12	20	.174	22

WESTERN CONFERENCE

SOUTHWEST D	IVISIO	N		
	W	L	Pct	GB
San Antonio	51	12	.810	_
Dallas	46	17	.730	5
New Orleans	37	29	.561	151/2
Memphis	36	29	.554	16
Houston	33	32	.508	19

Houston 33 32 508

NOKTHWEST DIVISION										
	W	L	Pct	GB						
Oklahoma City	39	23	.629	_						
Denver	37	27	.578	3						
Portland	36	27	.571	31/2						
Utah	33	31	.516	7						
Minnesota	15	50	.231	251/2						

	W	L	Pct	GB
L.A. Lakers	45	19	.703	_
Phoenix	32	29	.525	111/2
Golden State	27	35	.435	17
L.A. Clippers	24	40	.375	21
Sacramento	15	46	.246	281/2
v — clinched playe	off coat			

x — clinched playoff spot Yesterday's results LA. Clippers 92 Charlotte 87 Portland 89 Orlando 85 New York 131 Utah 109 Chicago 85 New Orleans 77 Memphis 107 Oklahoma City 101 Palls 109 Minoporeta 101 Dallas 108 Minnesota 105 Houston 123 Sacramento 101 Sunday's results

Chicago 87 Miami 86

Chicago 67 Miami 86
LA. Lakers 99 San Antonio 83
Detroit 113 Washington 102
Philadelphia 125 Golden State 117 (OT)
New Orleans 96 Cleveland 81
Oklahoma City 122 Phoenix 118 (OT)
Memphis 104 Dallas 103
Boston 89 Milwaukee 83
Todav's aames

Today's games L.A. Lakers at Atlanta, 7 p.m. Golden State at Cleveland, 7 p.m.

Philadelphia at Indiana, 7 p.m. Milwaukee at Washington, 7 p.m. Portland at Miami, 7:30 p.m. Houston at Phoenix, 9 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AV
Durant, OKC	57	530	446	1607	28
James, MIA	61	562	403	1601	26
Stoudemire, NYK	60	595	371	1571	26
Wade, MIA	59	538	373	1497	25
Anthony, NYK	57	498	388	1432	25
Bryant, LAL	64	578	365	1607	25
Ellis, GOL	62	582	286	1547	25
Rose, CHI	60	538	314	1477	24
Howard, ORL	61	500	410	1410	23
Martin, HOU	62	414	460	1424	23
Nowitzki, DAL	53	442	276	1216	22
Griffin, LAC	63	539	348	1433	22
Aldridge, POR	62	544	291	1382	22
Westbrook, OKC	61	459	419	1359	22
Bargnani, TOR	56	467	237	1237	22
Love, MIN	64	436	383	1336	20
Granger, IND	61	425	298	1272	20
Not including last a	niaht's	gami	ac.		

CURLING

TIM HORTONS BRIER

I IIVI HUKI UNS DKIEK			
At London, Ont.			
'esterday's results			
rovince (Skip)	W	L	
Manitoba (Stoughton)	5	0	
I.L. (Gushue)	4	1	
Intario (Howard)	4	1	
llberta (Martin)	4	1	
iaskatchewan (Laycock)	2	3	
lorthern Ont. (Jacobs)	2	3	
lova Scotia (Adams)	2	3	
lew Brunswick (Gratton)	2	3	
(uebec (Gagne)	2	3	
IWT/Yukon (Koe)	2	3	
S.C. (Cotter)	1	4	
F L (MacKenzie)	0	5	

Yesterday's results Sixth Draw

Newfoundland & Labrador 7 Saskatchewan 6 Ontario 7 British Columbia 5

Seventh Draw

Alberta 9 Prince Edward Island 2

Alberta 9 Prince Edward Island 2 Manitoba 8 Northern Ontario 4 New Brunswick 7 Quebec 5 Nova Scotia 9 Northwest/Yukon Territories 2 Eighth Draw Newfoundland & Labrador 9 Alberta 4 Northern Ontario 7 British Columbia 5 Nova Scotia 7 Saskatchewan 6 Ontario 12 Quebec 4 Ontario 12 Quebec 4

WORLD JUNIOR

CURLING CHAMPIONSHIP At Perth, Scotland MEN Yesterday's results

Yesterday's results Fourth Draw Canada 9 U.S. 2 China 9 Switzerland 6 Finland 6 Czech Republic 4 Scotland 7 Denmark 5

Sweden 8 Norway 5 Fifth Draw

Canada 10 Scotland 5 Czech Republic 5 China 4 Norway 9 Finland 5 Sweden 10 Denmark 3

Switzerland 7 U.S. 4

Switzerland 7 0.5. 4
Today's games
Sixth Draw (9 a.m.)
Czech Republic vs. Switzerland; Sweden vs.
Finland; Denmark vs. Canada; China vs. Nor-

way, Scotland vs. U.S. WOMEN Yesterday's results Fourth Draw Czech Republic 6 Canada 4 Norway 8 Japan 7

Russia 9 Sweden 4 Scotland 8 U.S.

Switzerland 11 France 13 Today's games

Today's games
Fifth Draw, 4 a.m.
Scotland vs. Czech Republic; Norway vs.
Switzerland; Japan vs. Russia; France vs.
Canada; Sweden vs. Russia.
Draw Six, 2 p.m.
Russia vs. Norway; Scotland vs. Sweden;
Czech Republic vs France; Japan vs. U.S.; Canada vs. Switzerland.

MLB

SPRING TRAINING

Yesterday's results St. Louis 10 Minnesota 4 St. Louis 10 Minnesota 4 Tampa Bay 4 Pittsburgh 2 Washington 14 Houston 9 Boston 6 Baltimore (ss) 5 Florida 4 Atlanta 3 (10 ings) N.Y. Yankees (ss) 7 Philiadelphia 1 Detroit 2 N.Y. Mets 1 Chicago White Sox (ss) 16 Cleveland 16 Seattle 6 Oakland 3 Milwaukes 15 Cincinnati 2

Milwaukee 15 Cincinnati 2 Chicago Cubs 14 L.A. Angels 13 Chicago White Sox (ss) 12 Arizona (ss) 1

Arizona (ss) 8 Kansas City (ss) 6 L.A. Dodgers 7 Colorado 1
Baltimore (ss) 0 N.Y. Yankees (s
Kansas City (ss) 11 San Diego 3
San Francisco 4 Texas 1

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Crossword

12

15

18

23 24

30

33

40

47

50

53

1 Rock band, Motley

5 Miler Sebastian 8 Sudden swerves 12 Stereo setup

13 Antique 14 And others (Lat.) 15 Enthusiastic, plus 16 Gushy love letter

18 Write quickly 20 Intended

22 Explosive letters 23 Tremor

21 Your

26 NYC-based TV game show 30 Illustrations 31 Formalwear, for

short 32 Praise in verse

33 Attack with words 36 Parody

38 Hostel 39 Blower

40 Marshal Earp 43 Pound sign, on Twitter

47 1950 Kurosawa classic

49 Unbridled revelry 50 Sheltered 51 "Dancing With the

Stars" network 52 Taleteller

53 Bosc or Bartlett

54 Plaything 55 Days gone by

1 Neighbor of Sudan 2 Latvia's capital 3 Fleet from far away? 4 Skating figures

5 Snug and cozy 6 Minnesota's St. -

College 7 Mag. staffers 8 Pinnacle

9 Teensy bit 10 Fence opening

11 Coaster 17 — Christian Andersen

19 Resistance unit 22 IRS' share

23 "My gal" of song 24 Historic time

25 "- Impossible 26 Snip

54 27 Barracks bed

48

51

13

16

26

43

19

34 35

38

14

32

44

49

52

55

48 Wrestling surface

▶ Saturday's answer

17

20

28 Fuss

29 26-Across host Bai

31 Wine cask

34 Here

35 Not fooled by 36 — de deux 37 Wicked

39 Ornate 40 Cover a gift 41 New Haven school

42 On the bring 43 Vagrant 44 Small combo

45 Culture medium

Sudoku

			1			6		
4	5						8	
		6			9		1	
	3	5	2	7			6	
7								2
	6			9	8	7	4	
	1		7			5		
	2						7	3
		4			2			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

WEDNESDAY

Max 4°

Min -7°

8	5	6	9	2	3	4	1	7
2	1	7	8	4	5	3	9	6
9	3	4	7	6	1	5	8	2
1	8	3	2	9	7	6	5	4
6	9	5	1	3	4	2	7	8
7	4	2	5	8	6	9	3	1
3	2	8	6	7	9	1	4	5
5	7	9	4	1	2	8	6	3
4	6	1	3	5	8	7	2	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

I love you with all my heart. I know things are hard right now, but together we can make it. We can have all our dreams come true. LOVE BINKA

Boo, I just want you to know how much I love you. We have been through a lot and it shows me how strong our love can be! Let's focus on the present! Love you always, Your one and only!

Miss Boombastic you're superfantantastic. FYI your hips NEVER lie... To one spunky Lady PANTYHOSE!!!!! YOUR MAN

Hola Mi Mariposa, I was a fool to let you go. You are the best thing to ever happen to me. I'm ready to give it another shot, if you'll have me. WILL

BT) BREAKE

Today's horoscope

T Aries March 21-April 20 You may think that you don't have to try too hard, and maybe you don't. But don't leave many things to chance or the results may not be to your liking.

Taurus April 21-May 21 Your confidence may be high but don't fall into the trap of thinking that nothing can possibly go wrong. This is a good day for making plans but you must be flexible. Plans can change.

II Gemini May 22-June 21 You are under no obligation to go out of your way to help people and anyone who tries to convince you that you owe him or her your time, or even your money, is not to be trusted. Real friends don't make such demands.

Gancer June 22-July 22

There are events going on behind the scenes that you cannot possibly know about, so don't assume that things will Be ready to watch and learn.

TIP Virgo Aug. 24- Sept. 22 Opportunity is about to come knocking and when it does, you must grab it with both hands. Having said that, one particular offer may look too good to be true, so listen to vour sixth sense

work out as they always have.

Ω Leo July 23-Aug.23 The more people say you can trust them today, the more you should be on your guard. It's unlikely they are trying to mislead you, but it's possible that they don't know what is really going on.

← Libra Sept. 23-Oct. 23 The more time and energy you have put into a project, the more reluctant you will be to give up on it. However, the planets indicate you've gone as far as you can with it. It's time to move on.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

M Scorpio oct. 24-Nov. 22 By all means kick up a bit of a fuss today, especially if someone you thought you could trust lets you down at the last moment. However, notice the words "a bit".

→ Sagittarius

Nov. 23-Dec. 21 Avoid the temptation to point out the holes in someone's plans because he or she won't take kindly to you being so negative. It's his or her life - and mistakes

り Capricorn Dec. 22-Jan. 20

TODAY

≥ Max -2°

Min -18°

You do best when you have a plan of action that will get you from where you are to where you want to be by the quickest time and shortest route. Don't change that today.

Aquarius Jan. 21-Feb. 18 There is a danger that you'll try too hard to make a good impression and turn people off. Be who you are and let fate take care of the rest. If it's meant to be, it will be.

)-(Pisces Feb. 19-March 20 You may be tempted to tell a friend what he or she wants to hear rather than what he or she needs to hear. Don't do it. It's best to get bad news over with quickly rather than letting it drag on. SALLY BROMPTON

Caption contest

THURSDAY

Min -3°

Max 4°



Andrew Schultz, Meteorologist "I get to spread the word

on how your day, evening or weekend will shape up with

in Alberta". WEEKDAYS 6AM

our ever-changing weather here

You WIN! write it! Write a funny cap

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's



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CUBA | Varadero Allegro Varadero **

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